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BRIDGES

MUSIC:

Bassist Troy Bleich in tune with acoustic roots **P.16**

SPACES:

Bold walls, accent pieces transform character home **P.30**

ON THE SCENE:

At the RUH Foundation's Royal Ball Under the Big Top **P.32**

WEDNESDAY, OCTOBER 23, 2013

A STARPHOENIX COMMUNITY NEWSPAPER



LIVING IN HARMONY

HOW A BACKSTAGE CHAT BETWEEN MICHAEL FRANTI AND SASKATCHEWAN NURSE SARA AGAH LED TO FRIENDSHIP, LOVE AND THE DESIRE TO HELP OTHERS

P.4

FREE

INVENTORY

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Boscombe Living is a store with fresh ideas and organic designs for floral and home lifestyles. There's currently plenty of fall decor options to bring the autumn season into your home.

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ON THE COVER PG. 4



Actors Michael Fano and Sarah Ash pose at the Pegasus Film Festival in 2008. They recently started the Go it for the Love Foundation. Photo: Memoir by Sarah Schussman

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Lee and Chen Posen at The Snowberry Ranch's corn maze. Photo: Bryan Schlosser

BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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ON THE COVER

I realized that we live our life in the same way ... Michael inspires me to be a better person. — Sara Agah

SARA AGAH AND MICHAEL FRANTI

Romance has a rock-solid foundation



Rockers Michael Franti met his girl Sara Agah at the Reggae Rock Festival in 2008. They started the Do It For the Love Foundation this summer. STYLING: PHOTO BY KIMMY SUH/60502

By Andrew Matteo
and Jenn Sharp

The power might have gone out during the Reggae Rock Festival of 2008, but there was plenty of electricity later that night when a Sanokian nursing student met a rock star she'd

never heard of.

Sara Agah assumed festival headliner Michael Franti was being a stereotypical musician when he invited her group of friends backstage after the concert. But her introduction to the Californian known for his anti-war messages and positive, hip-hop-influenced music led to an exchange of

made-and online video chats that developed into a three-year passionate relationship.

They're the socially conscious couple as two years into a full-blown romance and talking marriage.

"I found myself coming to her during times when it wasn't just for fun," said Franti, 40, before a recent

concert at the Connexx Arts Centre in Regan.

"When I had times in my life that were difficult, I'd call her. And the same thing with her. When something was hard for her, she was reaching out to me," adds Franti, who is 6-foot-4 and known for going barefoot in public.

That is when we realized we had

a relationship that was bigger than a partnership."

Agah tells Franti her perfect partner because he shares her passion for philanthropy, which led to the creation of the Do It For the Love Foundation, which sends music fans who are wounded veterans, chronically ill, or disabled to concerts.

I asked her and her group to come backstage and that's when I realized that Sara was not just beautiful, she was also brilliant. I assumed we'd share a few emails and I thought maybe I found a new friend, but never thought more would come of it. — Michael Franti

Agth traveled to Haiti after the earthquake in 2010 to help with relief efforts in Port-au-Prince's main hospital. The experience was eye-opening: she treated patients with HIV/AIDS, dengue fever and malaria, many of whom were living in squalid and unsanitary temporary settlements. There had to be supply blankets and food, the beds were much dirtier.

"I saw what really sick people look like, people who are not getting the care that they need."

Her biggest challenge upon returning to work in Saskatoon was trying to empathize with people who complained about doctor wait times or uncomfortable beds.

"I had to always remind myself that I can't minimize their disease here. They're feeling what they're feeling because of their own experience."

As for Franti, he said they are, and become stronger when they compared notes at the end of the day.

"She had this thing where she asked, 'Who did you make feel awkward today?' before we went to bed every night, we'd ask each other whose life they made significant. She'd talk about a patient who shared a story or something like that or I'd talk about someone I had met at a show," said Franti.

Their relationship became a no man's land in 2011 when Agth had a plan made years earlier to practice nursing in Catalonia. Both agree they heard that from being forced to make the best of Internet chat during a long-distance relationship.

"It helped us understand each other on an intellectual level and an emotional level but not a physical level. So we had a chance to really get to know each other as friends and partners before we jumped into a relationship," said Franti.

"No relationship is perfect and if anyone tells you theirs is, they're lying. But the biggest thing we do is try to communicate. Making that effort makes a huge difference," said Agth.

Franti said he was never attracted to the typical celebrity lifestyle.

"There's glow up time as a new man, I've had girlfriends that I have

been a sexual conquest person. I've met a girl on every kind of guy. It's just not important to me like having someone I share an important connection with," he said.

"My relationship with Sara is the best relationship I've been in. It doesn't compare."

The relationship means Agth at her first like a rock star. She rides as a member of the band on custom buses and watches concerts from the audience or beside the stage. She also speaks out about issues dear to her heart: like women's rights. She and Franti were guest speakers at the inaugural International Lesbian, Gay, Bisexual and Transgendered Rights Symposium on rape and violence against women in March 2012 in South Africa this month.

Remember she's still able to put in long hours at Sara Lee Designs, the online business she started in 2011. Franti and her handmade jewelry. She donates part of the proceeds to Do It For the Love. It's a passion she says has taken over her life.

"I always feel like I need to surround myself with things and people that remind myself of the person I want to be. (This work allows me to be the best version of myself.)"

Agth still takes occasional nursing shifts in Saskatoon and California, but considers that life with Franti requires planning. Even though she joins him on tour, she won't be willing to give up her career.

"This is not a vacation. This is the biggest misconception," she said. In recent months Do It For the Love has taken up more of Agth's time.

The couple began after the couple met Steve and began December at the Winter music festival in Florida. The past April Steve is in the advanced stages of ALS (also known as Lou Gehrig's disease) that attacks and paralyzes the nervous system. He and his wife had been traveling to Franti, say me this stage he has a last concert and that he hoped to meet the musician.

Franti welcomed the couple back stage where both he and Agth gave the couple a big hug and spent some time being together.



Michael Franti performs at the Saskatoon Jazz Festival in June of 2012. MICHAEL FRANTI PHOTO BY MICHAEL FRANTI

I love what they're doing, being a voice for people that need it. I really appreciate people who use their power to help.

— Ryan Leier

"It was one of those moments where we all just started crying because we were in awe of one another," remembered Hope.

Pratt shared their story with the crowd of 30,000 and brought them on stage during Life Is Better. With Was, a song he wrote for Agah, Hope lifted Steve out of his wheelchair and held him; there wasn't a dry eye in the house.

"It was the most amazing moment of our lives," said Hope. "It was some thing I'll treasure forever."



Hope and Hope Deen shared Michael Pratt and Sara Agah to start the Life Is Better Foundation. *Southline photo*

Speaking over the phone from their home outside Atlanta, Ga., Hope says it's been their mission to make sure people pay attention to ALS's effects. There is no known cure for the devastating disease; there is currently in the laboratory one test.

The couple dated for six months during which Hope remembers Steve struggling with various parts of his wrist. When Steve was diagnosed with ALS, he was given two to five years. He told Hope she didn't have to stay with him.

"I was looking at him the whole time like he was crazy," said Hope. "He said, 'Well, if you do stay with me, will you marry me?' And, of course, I said yes."

They married two months later, on Oct. 15, 2011.

"It was all very fast. But as she didn't have a lot of time. We realized that."

Hope has since quit her job to take care of Steve full time. They started the website Hope For Steve as a way to keep people updated on Steve's health and to spread awareness about

ALS. The disease has no known cure. To date, there has received a small amount of disability covering roughly half his medical expenses. The couple relies on the blessings of others to get by.

"This is not an old man's disease," said Steve in an online video. "Obviously we've gotta find a treatment and we've gotta figure out a way to live with ALS and keep an alive longer than two to five years."

When he's feeling well, Hope says he's eager to have fun with her and to "make memories."

"I think the most important trick is to stay happy. You have to have something to live for and you've gotta want to live. So to keep a positive attitude about the worst prognosis you can have is very vital," he said later in the video.

Pratt and Agah cheer in frequently with the Deens, sending regular updates back and forth. Witnessing how much can bring joy to people facing the disease's severity was a pivotal event for them.

"We want home that night and said, 'What can we do to make this experience happen again and again and again for other people?'" said Agah.

The foundation gives wounded war veterans, adults and children with a disability or terminal illness "two tickets and a suite" to any concert they wish to see in their city along with meeting the artist if they choose.

"This is to make a wish foundation for music fans," said Pratt.

Do it for the Love has caught the attention of Soulstorm pop Ryan Leier. Through Outback One Vegas weekly karma dance will donate all proceeds to the foundation. Leier says it was an easy decision to support Agah and Pratt's new venture, ensuring there always has friends in Soulstorm's yoga community. He's also in awe of the way Pratt brings joy to people's lives and the way he gets people, like Steve and Hope, involved in his vision.

Continued on page 8



Sara Agah and Michael Pratt practice backbends during a yoga retreat with Soulstorm's Ryan Leier at Reno's Southline villa in Bell. *Southline staff writer. Photo courtesy of One Vegas.*

No relationship is perfect and if anyone tells you theirs is, they're lying. But the biggest thing we do is try to communicate. — Agah

"I know what they're doing, being a voice for people who need it. I really appreciate people who use their power to help."

Though their schedule has been too hectic to make plans, Francis and Agah say their future includes a wedding and a home in Saskatoon.

"It's not really about her moving or me leaving. It's more about finding a window of time to do that," said Francis who spent a year in Saskatchewan as a teen as part of a school exchange. "I feel like I've been welcomed into Saskatchewan. I don't want to leave a home here. I love Saskatchewan and I love Alberta. I love seeing my country from the outside."

Agah wants to take time to plan a wedding rather than have a quick ceremony. But she's hoping things will happen within five years.

"I want to be married and have kids."

As for the timing of a wedding, Francis may have planted the seed at the Sept. 30 concert in Regina.

"I'd like to thank the City of Regina for introducing us...I'm sorry she's from Saskatchewan," he joked to the crowd. "Maybe by the time we come back to play we will have taken things to the next level."



Francis and Agah
Agah: SASKATCHEWAN PHOTO
BY NIKHIL KOSLOVSKI

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MY FAVOURITE PLACE

Learning and navigating the corn maze



When Ethan Fraser doesn't get lost in it, his favourite place in Saskatoon is The Strawberry Patch's corn maze, located south of the city. (Bridges photo by MICHAEL BOW)

By Angelina Irimici

During autumn, eight-year-old Ethan Fraser and his mom Lisa both enjoy coming to The Strawberry Patch's corn maze — they've been about five times previously. On the march, you can pick berries (as most) have a herbster, pick pumpkins and navigate the challenging corn maze. They usually visit the maze, which is located about six kilometres south of Saskatoon, with cousins, aunts and uncles and friends. Lisa enjoys that a family can easily spend a few hours out in the fields, as well as the learning aspect provided by the

maze, which help guide you through the maze. Ethan likes the challenge of making his way through the winding maze and doesn't mind realising that he's climbing and running on top of the large hay bales just as much as getting through the maze itself. Call 306-369-6500 for more information.

- Q. Why do you like visiting the corn maze?**
A. I like running on the hay bales, their chocolate fudge ice cream and going into the corn maze.
- Q. What do you do once you're inside of the maze?**

A. Try to find a way to get out and stuff like that. It's hard sometimes you get lost in it for like two hours. Once we get lost for FOUR hours.

Q. What's the best thing about the corn maze?
A. Not getting lost in it and taking like half an hour to get out.

Q. I heard there are clues in the maze.
A. Oh yeah. It's kind of hard to see plots. It's a rubbing that you have to do on some things and then if you get lost right you get a hint from (the side).

Q. How do you get the clues?

A. So, let's say this is my crayon (piece of hay) this is a piece of paper (the handle) like I want the clues of this so I rub the crayon and then it kind of shows up and you have to see the whole thing.

Q. What shows up?
A. Some stuff about the natural that it is. Once you see the maze takes on a different shape in the form of an owl or a rabbit. So like that prints and stuff like that.

Q. Do you get pumpkins from here too?
A. Oh yeah. We carved them and made pumpkin seeds out of them or

gumpkins (see something?)

Q. What's it like to try to get out of the maze?

A. It's really hard to figure out the way and stuff it's like, "OK, so how to get out?" So you can go straight then there's a turn. But it's not just that there's a turn. But it's not just that you can go straight or that way or that way and you're like, "OK, which way to go? Which way to go?" Because there's a bear, so you're like, "OK, I better not take which way to choose."

Q. What do you choose?

A. I usually go to the ones on the right and I am always right.

CITY FACES

JAMIE RUSSELL

Craftsman incorporates animal forms into furniture

By Edna Manning

Jamie Russell is known for his one-of-a-kind hand-crafted furniture and sculptures which often incorporate animal imagery. The internationally respected craftsman, based near Vancouver, will be the featured artist at the Saskatchewan Wildlife Art Association's (SWAA) annual Reflections of Nature Show.

Russell became intrigued by the use of animal forms in furniture in the early 1980s when he came across the work of Judy Kowalsky B&K in a Fine Woodworking magazine.

"She is the grandfather of contemporary woodworkers incorporating animal figures into their work," Russell says.

A few years later, he helped organize a woodworking conference for the Saskatchewan Woodworkers' Guild and the Saskatchewan Craft Council (SKCC) and had the opportunity to meet McKie. "It reinforced my influence on me."

Russell had taken a three-month apprenticeship several years earlier in California with two key men in the field of woodworking and furniture-building — Stuart Welch and Art Carpenter — who taught him design techniques, marketing strategies and structural philosophy.

"Art is a mentor to designers. He also gives me a lot of practical advice about commercial and lifestyle," he says.

Continued on Page 34



Internationally respected craftsman Jamie Russell works on his one-of-a-kind hand-crafted furniture which he makes using trees grown in Saskatchewan. PHOTO BY MICHELLE BIRCH

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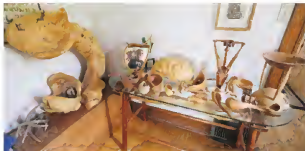
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At this point, I am enjoying crossing between my western work ethic by making at least nominally functional pieces and indulging my middle age craziness by throwing out any pretence of function and wallowing in form for its own sake.

— JANISSE RUSSELL



A collection of Janisse Russell's artwork in her home. BRUCE PHOTO BY MICHELLE BENO

In 1985, a Saskatchewan Arts Board grant gave Russell the opportunity to explore the new local style. He immediately began work on furniture for Actual, A.C.L.'s sole show at the BCO. Working up to 30 hours a day six days a week, he successfully completed 12 pieces and says he grew exponentially from that experience. Three years later, a place he created called *Serpent on Top of the World* won the Premier's Prize of Distinction, the BCO's prized show.

For the next decade, Russell continued building functional furniture.

"I started doing free form vessels in 1990, but they've never been my primary focus, rather a period of interest. I slip into when I need to escape from furniture, frequently because of creative block. The vessels let me run to straight lines without worrying about structure."

Today, Russell continues to enjoy building unique pieces that pay the bills and satisfy his inner yearning to create.

At this point, I am enjoying crossing between my western work ethic by making at least nominally functional pieces and indulging my middle age craziness by throwing out any pretence of function and wallowing in form for its own sake," he writes in his artist's statement.

"I'm getting the kind of work I want to do without running all over the continent looking for it."

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My family Chip and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Some a family Nature Activity Map and take a walk... nature awaits!

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Dear Chip,
Are bats really blind?



Andy

Thanks for the great question! As you probably know, there are myths surrounding many animals and bats are no exception. It's hard to know why so many people believe that bats are blind but it's not true at all. In fact, of the 500 species of bats in the world today, all have eyes and can see quite well. One group of bats are known as "thingy faces" because their faces resemble dogs or ferrets. These bats have insight that is so good that they do not even have the ability to echinate. Flying foxes use their sight to search the tropical forests for fruit, pollen, or nectar. The kind of bats we find here at Beaver Creek all have at night and prey on insects using echolocation. However, even though their eyes are small, these little creatures have the ability to see during the day and can even see colour.

Send your questions to me at the address below then watch *Wildlife* for the answers.

Your pal, Chip



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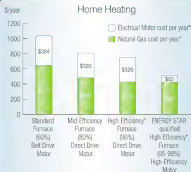
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SaskEnergy
Network Member



How your heating dollars are spent



*Based on average home use in Saskatchewan. Actual savings may vary according to use. Electrical costs based on continuous operation of furnace motor during the winter. Fuel rates as of January 1, 2013: Natural Gas \$0.2163 per m³, Electric \$0.1113 per kWh.

Water Heating



*Based on 736 m³/yr average use for a family of four. Fuel rates as of January 1, 2013: Natural Gas \$0.2163 per m³, Electric \$0.1113 per kWh, Propane \$0.6040 per litre.

GARDENING

FALL GARDENING

Autumn leaves have many uses

By Erl Svendsen

My mother, without the benefit of the Internet, Netflix tablets or the now ubiquitous counter-top ice phone, had to be inventive in keeping us kids occupied. So in the fall, we'd crumple the blank pages, crayons and a few gathered leaves. We put the leaves under the paper and coloured the whole sheet with wooden crayons, revealing the leaf shapes and intricate vein patterns in a variety of colours ending up with "art" for the fridge.

Of course, the other fun thing to do with leaves is to jump into large piles of them, partially satisfying the hard work of raking them up.

For us adults, we need to reuse leaves so they don't become a and don't mean smothering and killing the grass over winter. You can use a traditional leaf rake to collect them into loose piles or a leafblower to herd them into place. Alternatively, use your power mower to shred and bag them up. Raking the front of the mower and/or two settings improves the vacuum suction. Stacking the leaves reduces the amount of space they occupy and speeds up their eventual breakdown.

The next step is figuring out what to do with your leaves. Shredded directly into the garden, leaves add organic matter (improves soil) (most of all) and increase water holding capacity. Leaves also add significant amounts of nitrogen, phosphorus, potassium, sulphur, boron and other essential nutrients.

A 15 cm deep leaf layer is a reasonable amount to incorporate into your garden. Because the nutrients tied up in leaves are not immediately available for plant growth in the year following fall application, you should amend the soil with additional organic or synthetic fertilizer to optimize growth.

Do not add a thick layer of shredded or whole leaves to your perennial beds. Over winter the leaves do not have enough time to break down to



Leaves left over winter add to the soil and help prevent it from growing back in the spring. PHOTO COURTESY SUZ TALBERT

any extent and will instead become a wet, impermeable barrier to spring growth. Tree and shrub beds are a different story and a layer of leaves there acts as an excellent mulch, keeping the soil cool and moist in the summer and preventing weed seeds in the soil below from germinating.

Leaves are of course compostable. You can compost them alone in a wire

bin, turning the pile occasionally to produce leaf mould, a much sought after fungus-rich compost that has excellent water holding capacity when added to soil. This process can take up to two years. Or you can use leaves as a component in a well-balanced compost pile, layered with other carbon (like two glass paper shavings, wood chips) and nitrogen

sources (grass clippings, unroasted fruit and vegetable scraps, egg shells, coffee grounds).

Add a few shovels full of soil to add the microbes that do the hard work of breaking down the organics. During the growing season, turn the pile monthly to aerate and keep it moist but never soggy. Adding compost starter or a small amount of high-st

rength fertilizer gets the pile cooking sooner but is not essential. If all goes right, you should have fully rotted compost by fall, ready to add to the garden before the snow flies.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). Author: Erl Svendsen.

FREE SASKATOON COMPOST DEPOTS:
 McDonald Drive between Eighth St. and College Dr.
 — Highway 7 at 18th St. W. junction
 — Open 9 a.m. to 6 p.m. until Nov. 8
 — Compost taken in Saskatoon parks and community gardens — what the saw to residents
 — Call 306-079-2407 for more information

EVENTS

MUSIC

Wednesday, Oct. 23

Open Air
Buds on Broadway,
817 Broadway Ave.

FINC leads SPNWG 2014
Cubert! New Orleans,
Leonard Adams & Sons and
Black Hat
The Cuban Events Center,
241 Second Ave. S.

Thursday, Oct. 24

Mama Band Preight Ties
Crackers Restaurant and
Lounge,
49-327 Pielouway Dr

Daybreak
Buds on Broadway,
817 Broadway Ave.

Just Jam w/ The Kim Selfish
Trio
The Basement,
202 Fourth Ave. N.

Harpoonist and the Axe
Murder w/ The Gaff
Amigos Casino,
632 10th St. E.

Jennifer Kleven w/ Six
Moons Later
Vercells Tavern,
824 Broadway Ave.

Friday, Oct. 25

Mr. Brownstone
Buds on Broadway,
817 Broadway Ave.

Flaco Friday w/ Blk Proud
Deets Series! Brad Johner
and The Johnnys
The Basement,
202 Fourth Ave. N.

Atty Ball
Army & Navy Veterans Club,
359 First Ave. N.

William and the Shadows
Half Day Series! Centre,
193 Fairmont Court



The Young Snyders will perform at Amigos Casino on Saturday. Events Photo by Rachel L. Hill

It's Too Late, Baby
Machally Robinson,
3130 Eighth St. E.

Beer Jammers
Toon Town Tavern,
1230 Halright Dr.

Frank Turner w/ The Smith
Street Band and Koo Koo
Kango Roo
Loatz Pub,
53 Carson Dr.

Duke 2 Dublin
Amigos Casino,
632 10th St. E.

JD Edwards Band
Vercells Tavern,
824 Broadway Ave.

Loretta Lynn
Dakota Dances Casino,
204 Dakota Dances Way,
Winnipeg

Jenny Don't
Rock Bottom,
634 Broadway Ave.

The Boss Invaders w/ The
Devils
Village Grill & Amp,
432 20th St. W.

Dikes 2 Empty
Sons Place,
106-110 8th St. E.

Saturday, Oct. 26

Mr. Brownstone
Buds on Broadway,
817 Broadway Ave.

Jazz Travelers Series: En-
riente Carnival and Turbopop
w/ Joel Fisher
The Basement,
202 Fourth Ave. N.

Lee Kimmington

Nature Lighs
3021 Louise St.

Billy Bob
Army & Navy Veterans Club,
359 First Ave. N.

Kerlin Ray w/ Donovan
Lockies
McNally Commons,
3130 Eighth St. E.

Stevie
Louis Pub,
93 Campus Dr.

Young Benjamins w/ The
Hines and Jake Lonsdale
Amigos Casino,
632 10th St. E.

Halloween for Humanity:
Highlighted by members
of Shooting Stars, Genetic
by members of Bad Decis-

members of Slide Tl Gown
and Pearson, and Bouncing
Scale by members of Lady
Deathstyle and Weak Little
Vercells Tavern,
824 Broadway Ave.

Halloween Costume Party
w/ Music & Gallery, a tribute
to Don Jon
Dakota Dances Casino,
204 Dakota Dances Way,
Winnipeg

The Voodoo
Explosive Bar & Grill,
136 Pielouway Dr.

Princes in Japan
Rock Bottom,
834 Broadway Ave.

D Kin 2 Empty
Stan's Place,
106-110 8th St. E.

Sunday, Oct. 27

Lee Kimmington
Autana Lepros,
302 Louise St.

Chris Cornell w/ RH Swan
TCU Place,
35 23rd St. S.

Monday, Oct. 28

Flatchad
Buds on Broadway,
817 Broadway Ave.

Tuesday, Oct. 29

Flatchad
Buds on Broadway,
817 Broadway Ave.

ART

Mendel Art Gallery
Through the fall at 956
Spadina Cres. E. Fall pre-
sentations, sponsored by
Kimmer Ltd. include *Rewilding*
Modernity: an examination of
modern and contemporary art
from the 1950s to the present,
and *They Made a Day like a Day*
Here, a survey of art produc-
tion by 12 young female artists
across the Prairies. The HBC
Artists by Artists Memorial
exhibition, *Galicia, Rousseau* an
interactive installation repre-
sented a what field by Gary
Schwartz and his mentor,
Bruce Maitland.

Refections of Nature 2013
Oct. 24-27 at PointeLac Park
The 23rd annual fall art ex-
position, sponsored by and
presented by the Saskatchewan
Wildlife Art Association in-
clude: Bird, fish and animal
carvings, wildlife sculptures,
painting, drawing, photogra-
phy, and a Junior art competi-
tion based on wildlife, natural
and domestic subjects. Entry
registration Oct. 24, 12 p.m. to
8 p.m.; online and theme sale
Oct. 25 at 7:45 p.m.; banquet
and artist presentation with
Jamie Razzall of Winery Oct.
26, 6 p.m.; public show Oct.
28, 9 a.m. to 5 p.m. and Oct.
29, 9 a.m. to 4 p.m.

EVENTS

Peek-A-BOO!

Oct. 25 and 26, 10 a.m. at The Refinery. Presented by the Revolved Baroque Club. An evening of twisted, twisted baroque style just in time to celebrate the Halloween season. Featuring living legend of baroque dancer Mariee

2013 Spirit of Our Nations Cultural Celebration and Pow Wow

Oct. 25-27 at Credit Union Centre, featuring a grand entry, arch day, a snake show, a singing competition and the Miss F25H pageant.

Therese Thompson's Club Flea Market

Oct. 26, 9 a.m. to 3 p.m., in Butler Byrne Century Hall at the Western Development Museum. Funds raised support the many projects the club undertakes for the museum.

Kids Go Wild for Wildlife

Oct. 26, 9 a.m. to 5 p.m., at Parkland Park. A family-friendly event presented by the Wildlife Rehabilitation Society of Saskatchewan. An educational event with live animals, wildlife presentations, a wild animal costume contest, and guitar demonstrations, a magician, games, a raffle, face painting, a bouncy castle, balloons, a coloring contest, games, and a silent auction. Funds raised will be used to help Saskatchewan's wildlife and free.

Third Annual Princess & Prince Fantasy Dance Party

Oct. 26, 7 p.m. to 4 a.m. at the Henrik Rupp Soccer Centre, 279 Pittman St. Presented by HotShotzCorp. With Queen Princess Theater's annual season-funderball. An afternoon of adventure and sports, featuring princesses and princes, a fishing pond, costumes, crafts, Rappaport's



With Open Children's Theatre will host its annual Princess and Prince Fantasy Dance Party at the Henrik Rupp Soccer Centre on Oct. 26 from 7 p.m. to 4 p.m. SMMT100.com

Beauty Parlor, Princess Tea Party, beauty contests, The Princess and the Frog, Captain Jack's Song, Tarbo Parlor, face painting and Weren the Ballroom Man.

On the Trails of the "Minkie Hunter"

Oct. 26, 11 a.m. to 5 p.m., at McClure United Church, 6229 Taylor St. At the Saskatoon Film premiere. Open to all interested in spiritual healing and the life of the Gorman mystic Bruno Goering. Free admission and optional donation. Wherever accessible. For information call 306-239-9591, email congrat@sktelnet.org/English.

Nocturnal: A Symphony of Horror

Oct. 26, 11 p.m. and 130 p.m., at New Theatre, 320 29th St. W. SDO's Silence is Golden silent movie concert: F.W. Murnau's landmark silent warplane movie is a direct re-telling of Brian Stiller's *Genesis*. With live orchestral music

by the Saskatoon Symphony Orchestra. Featuring guest pianist David Brand and guest conductor Simon Unwin.

The Creative Life Workshops

Saturdays from 1 p.m. to 4 p.m., Oct. 26 and Nov. 2 at Grosvenor Park United Church, New 16 at Queen's House Retreat & Renewal Centre, and Nov. 23 at The Two-Twenty. A four-class series to help you learn to live your best creative life. With creativity coach Brenda Baker. For a registration form email brenda@brendabaker.com. For information visit brendabaker.com/thecreative-life/, call 306-453-3283 or email brenda@brendabaker.com.

Latin Halloween Party at Denver & Dance

Oct. 26, 9 p.m. dinner and 9 p.m. dance, at St. Mary's Parish Hall, 211 Ave. O. S. Hosted by Dorcas Menzies. Latin Dance Academy Entertainment by DJ Social, DJ Pincho. Dance Music

ing Forbie Mizell. Michael Hostalka and Kristi Kuack from Estonia. A gala fashion show with over 20 pieces of wearable art, flamenco dance performances by Alaska's Amador dancers and live music. Proceeds will towards the construction of The Jack Milton Centre, a cultural and arts-to-entertainment northern Saskatchewan.

A Festival of Dance

Oct. 27, 2 p.m., at the Jewish Community Centre, 715 Mckinnon Ave. S. Featuring dance groups Tashkil, Oriental Dance Arts, Dancigig and Yiddishkeit Karma. With pianist Ben Schindler, Mezzo Naomi Pritsin, the Tashkil Drum Ensemble and the Saskatoon Chorus Band. The program will pay tribute to the late Lucia Polyachuk, a pioneer teacher of Ukrainian dance.

MissPheasant Rural Stress Reduction Information Session

Oct. 28, 730 p.m. to 9 p.m., at McMichael House, 716-Queen St. A free public information event on the practice of mindfulness as a way to reduce stress. For information call 306-623-2225 or visit jeanmccormick.com or Facebook.com/MBSofSaskatoon.

Jeff-M-Bell 2013

Oct. 29-30 at Midtown Plaza. An annual fundraiser hosted by The Canadian Cancer Society. Dennis Bell will be selling of Lewis Carroll's famous children's story instead of doing schoolwork. All want to play and all day, so she sneaks away to hide in her father's library. There she finds a strange rabbit nibbling furiously on the books. To kiss him from devouring the whole collection. Alice chooses him people living with cancer, for information or to donate visit www.jeffbell.ca.

Saskatoon Weasels Art Sale (SWAG)

Oct. 25, 9 p.m., at Vaughn Wylst Automotive Group. Menzies theme showrooms Hosted by Mr. Gary Genade, Danny Papadopoulos. Feat-

Singing with Sylvia: Halloween Howl

Oct. 29-31, 10:30 a.m. and Oct. 31, 1 p.m., at The Refinery. A concert of music and trivia with Sylvia Chase. Costumes are welcome.

Men's Cooking Classes -- Level 1

Oct. 29, 4 p.m. to 9:30 p.m., at Grace Westminister United Church, 505 10th St. E. Hosted by the Saskatoon Council on Aging and Saskatoon Men's Councils. A small group of men gather to prepare meals that are simple, easy and quick to make. Many cooking experiences are based on information from living simply a handbook prepared by Saskatoon Home Economics for adults assisting new immigrants.

* THEATRE

A Man's Play

Oct. 28 today, at Peninsula Theatre. Theatre's Backstage Stage. Written by Dennis Mitchell St. Bernard. World premiere. A tale of lust, money and environmental sabotage. Proseur a fisherman, an entrepreneur, an unethical salesman and his fortunes take a turn for the worse. Meanwhile, the local bartender has his eyes set on the fisherman's wife.

Alfie At Pops des Merveilles

Oct. 26, 2 p.m., at The Bernal Arts Centre. Presented by La Troupe du Jour. Performances in French only, a retelling of Lewis Carroll's famous children's story instead of doing schoolwork. All want to play and all day, so she sneaks away to hide in her father's library. There she finds a strange rabbit nibbling furiously on the books. To kiss him from devouring the whole collection. Alice chooses him people living with cancer, for information or to donate visit www.jeffbell.ca.

RECIPES

Chicken Parmesan has high flavour, lower fat

By J.M. Hirsch

A chicken Parmesan that's big on flavour, but not so fat? It's easier — and more weeknight-friendly — than you might think.

I started with a basic breaded and baked chicken breast. For speed, I cut the breasts into thin outlets. And that speed is part of the reason. It also pays dividends on texture: The less time the chicken spends in the oven, the more tender and moist the end result.

For a crunchy coating, I broil it single, with garlic breadcrumbs. Bask the chicken in same egg, drag it through the breadcrumb and you're ready to move on.

While the chicken bakes, the sauce comes together as pot simmers on the stove. I used parmesan (the best and flavorful pasta sauce) as my inspiration. A few high-flavour ingredients pull it all together as no time. And with a lot less of the usual fat that clings this dish.

We do finish it with Parmesan cheese, but the sauce is so flavorful already a little goes a long way.

Chicken Puttanesca Parmesan

Start to finish: 30 minutes

Serves: 4

• 2 boneless, skinless chicken breasts

• 1 egg

• 1 cup panko breadcrumb

• 1 cup garlic powder

• 1/2 tsp salt

• 1/4 cup ground black pepper

• 1 tbsp olive oil

• 4 oz fontina or provolone

• 1/4 cup red pepper flakes

• 1 large yellow onion, sliced

• 3 Roma tomatoes, core and chopped

• 1/2 cup chopped dried basil

• 4 oz fontina, sliced

• 2 tbsp capers

• 5 large fresh basil leaves, chopped

• 1/4 cup ground Parmesan cheese

1. Heat the oven to 400 F. Coat a baking sheet with cooking spray.

2. One at a time, carefully slice each chicken breast in half horizontally to create thin flat halves.

3. Place the egg in a wide shallow bowl. In a second bowl mix together the breadcrumbs, garlic powder, salt and pepper.

4. One at a time, coat the chicken cutlets first in the egg, then in the breadcrumbs, pressing as needed to adhere them to the meat. Arrange the breaded cutlets on the baking sheet, then coat the tops with cooking spray. Bake for 30 minutes, or until lightly browned.

5. Meanwhile, in a large skillet over medium-high, heat the oil. Add the onions and red pepper flakes, then cook until the onions have softened. Add the onion and onion for 5 minutes. Add the tomatoes and bring to a simmer. Cook pot until the tomatoes begin to break down, about 5 to 7 minutes. Remove the pan from the heat and stir in the olive, garlic, capers and basil. Season with salt



and pepper.

6. When the chicken is done, transfer each cutlet to a serving plate. Spoon

the sauce over each, then top with Parmesan.

Associated Press

Touchdown Lottery 2013

Over \$2,000,700

In Cash and Prizes

Draws: 1000 Times Per Week, 10:13-10:14 PM
 10:13-10:14 PM Eastern Time Lottery Commission 10:13-10:14 PM

OVER 90% SOLD

1,279 MAJOR PRIZES

(1 for every 30 tickets sold)

5 x \$100,000 Cash Prizes - \$500,000
 10 x \$20,000 Cash Prizes - \$200,000
 5 x Recreation Machines - \$100,000
 20 x Exciting Sporting Trips - \$115,000

40 x Exciting Vacation Trips - \$152,000
 40 x Electronic Equipment Prizes - \$179,000
 55 x Equipment & Merchandise Prizes - \$129,000
 5 x Clothing Prizes - \$5,000

3 x Ladies Diamond Jewelry - \$50,000
 120 x Baseball Equipment - \$40,000
 50 x Riders Instant Win Prizes - \$300,000

Tickets: \$100 each, 3 for \$250 or 4 for \$300

Main Prize Draw: Thursday, October 31, 2013 5:00 pm, Mosaic Stadium

**LAST CHANCE
ONLY 1 WEEK
LEFT**

Ticket Sales End
Wednesday, October 30
at Midnight



For Tickets Call Toll Free 1-800-668-1999 www.friendssoftheriders.com

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EXTRA POINT

Lottery Winning
estimate of

\$350,000

This Week: Buy a Touchdown Lottery ticket before
you can buy a 50/50 Extra Point slot on.

Tickets: \$10 Each; 5 for \$25; 15 for \$50

FASHION YXE

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thestarphoenix.com

#SASKATCHEWAN FASHION

Courtenay Phillips: Patterned professional

By Ashley Martin

Courtenay Phillips gets a little crazy with her clothing.

It's always been that way. As young as age five, Phillips would wear her mom's clothes and be the coolest kid in the class.

"I used to wear her maternity clothes, so I'd dig through her stuff and come out in these crazy outfits. She'd let me go like that to school as my kindergarten teacher and my Grade 1 teacher were like, 'I'm always excited to see what Courtenay's going to wear, because it was just out there,'" said Phillips, who works as a lawyer for the provincial government.

Today she still embraces an eclectic sense of style, mixing and matching patterns, colours and textures to her heart's content.

Phillips' mother is a fashion influence; she loves to shop and frequently lends clothing and accessories to her daughter for photos or international travels.

"It's nice because it reminds me of her but it's also fun to wear things usually things I wouldn't normally get."

Like her mother Phillips shops exclusively at vintage stores in London, England, next month and was just in Vancouver, trying on fur hats and beaver hats.

"I like to get different things so I'm not wearing what every one else is wearing."

She's not one to hold on to pieces either. If she hasn't worn something in the past year out of the house, it goes. "I get tired of stuff so you just want to wear it up... I think I just want to wear it in fashion that keeps me changing it up and trying new things."



1. **NECKLACE:** I got it in Whitehorse with my mom "we both wore one at the time"

2. **TOP:** I hold it in Vancouver

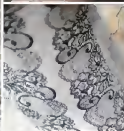
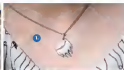
3. **JACKET:** I have it from The Bay

4. **BRACELET:** Oh from my mom "it's a bracelet I'm from Vancouver so she thought I should wear something to my grandmothers and she would tell stories about it so that's why (mom) placed it out for me"

5. **SKIRT:** Gosh Vancouver

6. **TIGHTS:** The Bay I never thought to wear the tights today so I kind of just built on that.

7. **BOOTS:** From Vancouver



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 8 Involvement
17 Novel, occasionally
comedy show
18 Josh
19 Broom cleaner
20 Hauls away
21 Novel series
22 TV comedy
23 Head door step
24 Second show
25 Great first
26 Cool ____ (verb)
27 Hair blowing machine
28 Common gesture
29 Transcription, e.g.
30 Authors (verb)
31 The jig
32 Pick up the
33 Top surface
34 Exotic ____ (adjective)
35 Vascular system
36 Adapt according
37 Ends with suffix
38 Leisurely dance
39 Private investigation
40 Game
41 Overlook a high
42 Free if you
43 Fall
44 Little less than
45 The line
46 Support element
47 Discouraging words
48 Inventory award
49 Silver jewelry
50 Designer necklace
51 Elder's address
52 Relation who played
53 "My"
54 "That's interesting!"
55 "I'm not!"
56 The "act" of
57 Heading up a
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DOWN

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2 Musical
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JACOB LARSEN, HONOLULU

JANRIC
CLASSIC
SUDOKU

Level: Bronze

Fill in the blank cells
using numbers 1 to 9.
Each number can
appear only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Sudoku is the
crossword puzzle
of the 21st century.
Sudoku is the
crossword puzzle
of the 21st century.

Boo Town 2013

at the
Saskatoon Western Development Museum
2610 Lorne Avenue

Wednesday, October 30th
5:30pm to 8:30pm

**Spooky stories, games, crafts, mysteries
and safe Halloween fun
for the whole family!**

Costumes welcome

Regular Admission Applies
Children must be accompanied by an adult.
WDM Members free with valid card.

**For more information please call
306-931-1910 or visit our website
at www.wdm.ca**

THE SASKATOON MUSEUM
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WHERE HOMES GET NOTICED

Considering selling your home? Speak to your Real Estate agent about putting in listing inside the Saskatoon & Area Real Estate publication to sell it fast. Delivered every Friday to subscribers of The StarPhoenix, select newspapers are over 100 years up at various locations throughout the city.

CONSIDER IT SOLD!

realestate
WATCH FOR IT, INSIDE FRIDAY'S STARPHOENIX

OUTSIDE THE LINES

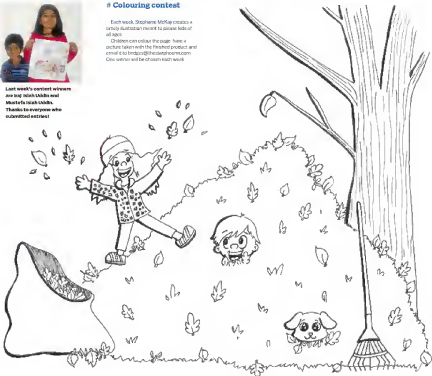


Last week's contest winners are Iqbal Malik and Mustafa Ismail Malik. Thanks to everyone who submitted artwork!

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bedazz@ihedash.com. One winner will be chosen each week.





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Balsamic reduction & arancini

Smoked Chicken Roll \$9
Jerked smoked smoked chicken w/
sautéed onions & celery enclosed in poultry
house chicken skins

Cheep \$10
Ricotta, tortini, grapes, spinach & wild
mushrooms basil & garlic oil arancini

Sautéed Crispy Pork \$10
Crisp pork belly, sautéed carrot & bak choy port
chocolate drizzle glaze

Prosciutto Beef Tournedos \$11
AM Chunks of tenderloin baked in arancini
& covered in cream cheese brandy
jus / truffle blue butter

Pan Pacific Steamed Mussels \$12
Mussels steamed in Lemongrass broth w/
dry chili, grape tomatoes, garlic and
finished in caramel onion sauce

Spicy Lemongrass Shrimp \$13
Larger prawns pan seared & simmered in lemongrass
Thai Pan broth on a bed of crisp onion noodles

Soup

Coconut Chicken \$9
Chicken steamed in coconut milk w/ sautéed baby
baked gold potatoes, lavender honey red curry

Roasted Red Pepper & Black Bean \$9
Hearty black bean soup blended w/ smoked
pepper, roasted red pepper & poblano, garnished
w/ tortilla chips, cheese, tomato

All Entrees Served with Seasonal Vegetables &
Potato of the Day Unless Stated Otherwise

Main

***Portobello Roma Wrap** \$10
Grilled corn, avocado, black olive and red
pepper embedded in grilled roma tomato
wrapped in portobello and herb

Rosemary Venison Sirloin \$22
Dry roast w/ onion, shiitake, charbroile
mushrooms & shavings hot with cherry port demi and
smothered w/ fresh dill cream sauce / half pasta

Roast Pepper Pesto Chicken \$24
Red Pepper pesto stuffed chicken breast
w/ tenderloin Demi & tomato roasted potatoes

***Steam Poached White Fish** \$14
Wine poached whitefish w/ oil weed and
lemon butter sauce arancini rice

Panirio Duck \$15
Roasted Breast, Panagiotis & Cherry Whiskey

Grill Ribs \$25
Barbeque fall rack of ribs w/ 12 Grill oven Marinade

Atlantic Salmon \$25
Grilled Filet, Shrimp, Scallops & Bread Crumb
Stuffing Citrus Butter & Rose Pist

Beef Tourniere \$25
Spiced ground beef steamed and baked in fatty
short-crust served w/ whipped potato & chicken core

Pistachio Pork Tenderloin \$25
Pistachio, squash, soft line & Danish stuffed
pork tenderloin medallions cranberry almond jus

*Vegetarian Entree *Gluten Free Entree
Some Entrees at request ~~Price~~ in made Gluten Free

Entree

Side of Mashed Potatoes \$7
Side Lobster Tail \$10
Side of Tiger Shrimp \$12
Side Cook Legs \$10



Salad

Chester Salad \$9
Newman, fresh pasta, chicken, grilled
pepperoni and our very own Caesar dressing

The Garden Medley \$9
Peppers, red onion, grape, tomato, cucumber
kale, olive oil & lemon w/ spinach and arancini
grains, roasted garlic and cherry vinaigrette

Sauvignon Cucumber Noodle \$10
Sautéed, grape, tomato, cucumber
kale, olive oil & lemon w/ spinach and arancini
grains, roasted garlic and cherry vinaigrette

Chicken Fennel \$10
Poached chicken breast medallions stuffed
w/ local tomato & fennel w/ bouquet
arancini lettuce, cucumber dill & caper vinaigrette

Steaks

Tenderloin \$30 \$36 \$42 \$48 \$54

New York Strip \$30 \$36 \$42 \$48 \$54

Rib Eye \$34 \$39 \$44 \$49 \$54

Add \$3 per extra ounce
Demi-glaze • Chasseur • Cabernet/Jumper Jus
Homemade Demi or Cream

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

#SASKATCHEWAN'S BEST SPACES

Real beauty is on the inside

By Ashley Martin

WHO? Tracy Kondratuk and Brett Kuglin

WHAT/WHERE? The main floor of their century-old home in Regina's Broadway Avenue neighbourhood

WHEN? The couple bought two years ago on a whim. Their basement suite had flooded and they needed to move. They had no intention of leaving a place, but when they saw the house, they had to put in an offer.

WHY? "I think it's kind of the perfect story of don't judge a book by the cover because from the outside, it just is an average house, but from the inside, it's just so cute," said Kondratuk. It got even cuter once she applied her decorative touch.

HOW? The space is a mix of old and new vintage and modern, which suits the home — built in 1912, so many antiques would make it feel like a museum.

Around the living room, a black, white and grey tones, and the dining room is a similar palette, are accent pieces. Some she acquired from HomeSense or antique stores, and others she made or redesigned herself (like the painted pallet coffee table).

"If you go into just a furniture store, it's really easy to buy the display model of everything, but they've been just made up looking like every other home on the block," said Kondratuk. She'll find rustic items in random places, like at Kuglin's grandmother's farm, and take them into something beautiful. A wooden table.

and other antiques from her father, because the living room cabinet.

"I've always liked antique, unique things. I love going to the antique mall in Regina and just browsing around on my own. It's weird to say but, I kind of get a rush from finding old, antique and stuff, where other people think it's just junk and a waste of time."

The space has a neutral feel despite bold work in the dining room, which was inspired by Carrie Bradshaw's apartment in the Sex and the City movie.

She was surprised Kuglin didn't shut down the bright blue but the gentry really goes for her colour to do whatever I want, so long I don't make everything look too pinky."

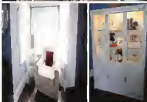
Though she's still working on the house and has no plans to change the space, Kondratuk did a minor redo to the narrow kitchen at the back of the house, painting a chalk board along one wall.

"You know when you go into those coffee shops where they have the chalkboard menus and it's just really easy to keep? That's kind of where I was going with it."

Her style is all about pots of greenery throughout the home.

"I think to be really cozy and inviting and I think it's really unique, it looks a lot different than other people's homes that I go into. It's just a good reflection of our life."

Kondratuk works for the City of Regina in marketing. Though she's long had a passion for interior design, she didn't consider it a career until recently. She'll eventually like to own a home decor store in Regina.



BRIDGES PHOTOS
BY TROY FLEECE

* ASK ELLIE

It's time for The Talk with non-supportive partner

Q: Two bad news tough times in the last three years and felt no support from my lesbian partner. My dad got very sick and I had to be at the hospital a lot, but my boyfriend never came with me or met me after my visits at a restaurant or somewhere to cheer me up.

Also, get laid off and had to scramble to re-mortgage my place, which is where he's living so will the pay be, but not the mortgage?

It took some time to find another work, but he never offered to pay for more while I was unemployed, which he could easily have afforded.

I don't feel this is something I should overlook.

A: Hell let you decide — emotion ally and financially this may be more a cold person, which you would've known before this, but now you felt the distancing efforts personally.

OR: He has a different view of what a relationship means from yours.

You need The Talk — Is he with you, or not, in this relationship? Be-

Ask Ellie



lieve he means, state that you want, and presumably are yours? If a committed non-supportive partner.

Be wary of any "casual" he offers for his lack of support, if they're all about him — it means he's basically self-absorbed, and will let you down again.

Q: My best friend says I'm taking my girlfriend for granted and that I'll lose her that way, which I don't want. I don't know if that's true — she's a very giving person, and always wants to do things for me as I let her.

Besides, picking a lunch for me every morning, she picks up my laundry shorts after work, spends

evenings when I'm busy re-organizing my files or clearing out my work space, and she even takes my car in to be fixed.

She says she's happy to do all this and I'm sure she is happy so why should I think this is a problem?

A: If you didn't actually "have" her for all these tasks you're exploiting her "giving" nature.

By taking advantage — instead of realizing that she needs to be your keeper — you've become a dependent — you're a free-loader. Use her as Super Woman. It's NOT healthy... unless you're providing equal giving to her.

Note: Sex and money as sole part no contributions don't count. Sex as for mutual satisfaction and money/gifts are shared benefits in a relationship.

Think about what defines her as a girlfriend, whom you want to stay in your life. Then give her quality respect and love for herself.

Q: I'm wondering about my relation-

ship of seven years. We seem to be totally dependent on one another if I'm needy, he gets needy too. If I want to work, he won't talk with me. We never go out with our old friends just stick together. We watch a lot of TV at night.

I feel like I'm isolated from every thing else — old friends things going on in town, etc.

A: Complete dependency on one or other limits each of your lives. Both of you need your own friends, interests, times and areas of privacy.

Isolation is also neither side one way. You need outside input. Get back on track with people. Your partner can see them with you sometimes, but you need time alone of their wanting or communicating with others.

If you can't share enough you're walking groups, workshops, a course on some interest, or volunteer and start making even one or two friends.

Q: My parents have been married

for 55 years. They love each other dearly, yet become constantly. Sometimes my mom gets fed up and says "Stupid" in a harsh voice, and then she shuts down for awhile.

Dad just laughs and keeps her together, he doesn't get too annoyed she really is. They weren't perfect parents but they are good, decent people.

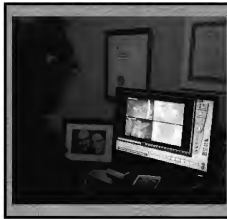
Is becoming a natural part of getting older and being together as long?

A: Enduring — constant nurturing and not picking — does seem to be an easy default communication for people when they're irritable and tired, which happens more with aging.

But there has to be boundaries on the heat and persistence of petty or gossamerine chatter, or one person's badgering can become badgering.

Really, pretty that it's timeless to be around "The Bickersons." They wear your company and inform in them so that could be an incentive to try to do it less.

Next week in
BRIDGES
Ghosthunter
Miles Vangel
takes us into the
paranormal world



ON THE SCENE

Send your CPL fan photos to bridges@thestarphoenix.com for a special Grey Cup-themed photo page!

ROYAL BALL UNDER THE BIG TOP — 2013



The Royal University Hospital Foundation held the 10th annual Royal Ball on Oct. 19 at the Delta Desborough Hotel. The sold-out crowd of 270 were encouraged to wear costumes from regiments to tight rope walkers to fit the 2013 "under the big top" theme. Presented by Patsy Coop, the event raised \$20,000 for fellowship training at RUH. Saskatchewan's primary trauma and burn center hospital. Since its inception in 1983, the foundation has raised \$60 million going toward their acute, research, educational training and support patient care.

1. The RUH Foundation committee: Ying Githwong, Shae Redmont, Naivee Wright van, Shona Dorley, Lisa Hincup, Laura Kurwink, Trina Whelan, Nicole Soroka and Candace Boersma (standing, Rhonda Speers)

2. Van and Malar Agartia

3. The Redoubtough ballroom was designed to look like a circus tent.

4. Kellie and Tom McClellan

5. Joel Medema and Doreen Loe

6. Allison Shindell and Nicole Semelick

BRIDGES PHOTOS
BY DEREK MORTENSEN

ON THE SCENE

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GOLD MEDAL PLATES

The best in food, wine, arts and athletics

By Jenn Sharp

The city's best chefs, pitted against one another in the ultimate culinary showdown. Each prepares an original gourmet dish for 500 people and a panel of meticulous judges who will decide their fate. The pressure is enough to make mere mortals feel faint.

Gold Medal Plates (GMP) is an annual Canada-wide celebration of food, wine, the arts and athletic achievement. It raises money for Canada's Olympic Foundation to support high performance programs like *One the Potomac*. Since the first events were held in 2003, over \$7 million has been raised.

A chef at each event is 13 other chefs bring home a gold plate signifying his or her supremacy and access to the Canadian Culinary Championship ships held in Kelowna, B.C. on Feb. 7 and 8. Silver and bronze are also awarded. Night chefs will compete in Regina on Nov. 1 and 18 in Saskatoon a week later on Nov. 8.

Most chefs thrive under pressure or they wouldn't be in the business. It's something they feel on a daily basis, whether it's at a restaurant or a private catering company. The demands of preparing multi-course meals to exacting standards is a fact of life. Sourcing ingredients, creating food budgets, managing kitchen staff, educating servers — it's all part of the job description.

Mary Pike Regina's Clive Gobes owner and pastry chef at Le Macaron, takes it all in stride and try to have fun with the rigors. What a success. There's a pastry chef in the competition?

In past years Gobes has supplied the desserts for Saskatchewan's GMP events but this is the first year he's been invited to compete.

"I'm keeping an element of mystery to myself," he says with a smile. "There's some great chefs out there but I'm hoping that my creativity and uniqueness will show through in the dish."

GOLD MEDAL PLATES

Saskatoon Nov. 8 Competing Chefs

- **ROBIN ANDREAS** Sebastian Catering, Kelowna
- **KRYVIN DAHLSTAD** Two by Dabba
- **MIKE LINK** Western Canteen
- **MOE MATHIEU** White Birch Catering
- **ANTHONY MCCARTHY** The Restaurant Club
- **MIKE MCKENNA** Pacific Harvest Cafe
- **RUSTY PINNO** Dakota Diner, Kelowna
- **SEMON REYNOLDS** Simon & Pyle Foods
- **TREVOR ROBERTSON** Redburn Hotel
- **KRYVIN TETZ** Executive Chef

Regina Nov. 1 Competing Chefs

- **GILLER SOBEH** Le Mahan
- **LEO PANTIL** Connelly Arts Centre
- **RICARDO RODRIGUEZ** The Art of Budget Cafe & Music Emporium
- **DAVE STRANGE** No Entry & Drink
- **JOHNATHAN THURWEISER** Crave Kitchen — White Star
- **LAURIE WALL** Redoubt Experience Catering
- **MARTIN SNOW** The Green & Culinary Arts
- **ROB HARRISON** Ruston's Catering

Mary Pike is the executive chef of the Grande Dunes Casino. When Pike's dish for Gold Medal Plates is top rated, he will spin a wheel to choose out of 100,000 items the food is going to be the most popular. "he says. "I would prefer to see which items are the most popular."

The former Winekeeper is a trained chef, but hasn't shown that side yet in Regina where he's worked in pastry for years. In fact, his pastry training will have a role apart from the features in the dish. "Pastry is a skill craft and useful for everyone, it requires more chemistry."

"That's why chefs don't like it. When things don't turn out they can modify to correct it. It doesn't work

the same way with pastry."

Pastry has a sensual element too who doesn't love a beautiful dessert?

With a strong background in presentation and design, gained from 30 years spent at the Hotel Saskatchewan, Gobes feels ready for GMP's versatile pressure cooker environment. He's also a second generation restaurateur. "It's basically what

I've grown up with."

GMP has become a showcase for farmers' markets in both Regina and Saskatoon are more popular than ever and restaurants are increasingly incorporating locally sourced food into the menu. GMP is the perfect way to showcase Saskatchewan's best cuisine on a national level.

Olympic athletes, many of whom will compete in Sochi in 2014, will be at both events, along with a performance by Blue Rodeo's Jim Cuddy. Apart from sampling all the competing dishes and accompanying wines, guests will have the chance to bid on exclusive trips.

For more information and to purchase tickets, visit www.goldmedalplates.com.



WINE WORLD

#YELLOWGLEN PINK SPARKLING WINE

Toast autumn with crowd-pleasing bubbly

By James Remanow

I have thought long and hard on ways to improve Kazakhstan and I think I finally have the answer. We need to drink more toasts. Specifically, we need to celebrate our events by opening a bottle of champagne sparkling wine and lifting a glass to say oh I don't know, the colour of the leaves on the trees.

It is very difficult to be unhappy with a glass of sparkling wine in your mouth. Even Water loses because it's not bubbly. It is also very difficult to maintain your Sommerlich Level of growth. I mean the stuff is actually bubbly! And we serious wine drinkers are many things, but we are seldom bubbly.

But there is another reason to drink the stuff. In addition to just lifting your spirits, sparkling wine is probably the most versatile food wine in

the world. It goes with everything. It has enough acidity to work with pretty much all foods. The residual touch of sweetness mixes with all sorts of cuisines. And did I mention how pleasant a drink it was?

Also, it is NOT expensive. Spanish cava is always an excellent idea but if you prefer the taste of French blends (doux, brut and chardonnay primarily), buy Astorian.

Yellowtail is a winery that specializes in sparkling wine, producing everything from honey-drizzled champagne toasts to crowd-pleasing everyday bubbly. All of it is worth drinking and all of it is considerably well made. Including the cheap stuff. So improve your life and the province today! Buy a bottle of Pink as your way home tonight and write me if you think I'm...

Ladies and gentlemen, this deserves a toast
To a toast!



Yelloureen Pink Sparkling Wine, Australia.
NV 816 0000

More wine in Monday's paper and on Twitter @dhrhewson

**Crossword/
Sudoku answers**

[illegible]

7	4	5	9	8	6	1	3	2
3	6	2	7	4	1	5	8	9
8	1	9	2	3	5	4	6	7
1	7	3	4	5	9	6	2	8
9	8	4	6	7	2	3	1	5
5	2	6	8	1	3	9	7	4
4	3	1	5	2	7	8	9	6
6	5	7	1	9	8	2	4	3
2	9	8	3	6	4	7	5	1



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